



Depression is not just the blues.

Everyone feels sad or “blue” from time to time. But depression is much more serious than just feeling down. Depression is a real illness. It makes you feel sad and helpless. It gets in the way of your life and relationships. It reduces your ability to think and act.

Here are some of the warning signs.

- People with depression feel unhappy, down, or sad every day. They lose interest in hobbies, activities and people they used to enjoy. A depressed person may also:
- Feel worthless, guilty, helpless, or hopeless.
 - Have trouble sleeping, or sleep more than usual.
 - Not feel like eating, or eat too much.
 - Feel restless or irritable.
 - Feel tired, weak, or low in energy.
 - Think about suicide, or harming themselves or others. If your're having these thoughts call Statewide Crisis Line: 1-800-809-9957.

With help, you can feel better again — this guide will help you.

This information can help you understand what you may be feeling. But the most important thing you can do is talk to your doctor.

Need help in another language?

You can call UnitedHealthcare Community Plan for language assistance at 1-800-690-1606 or 1-800-758-1638.

Do you need help with this information?

Is it because you have a health, mental health, or learning problem or a disability? Or, do you need help in another language? If so, you have a right to get help, and we can help you. Call Customer Service at **1-800-690-1606** for more information.

Do you have a mental illness and need help with this information?

The TennCare Advocacy Program can help you. Call them for free at **1-800-758-1638**.

If you have a hearing or speech problem, you can call us on a TTY/TDD machine. Our **TTY/TDD** number is **711**.

Hay una línea telefónica en español para los consumidores hispanos de TennCare. Llame a los servicios al cliente **1-800-690-1606** para más información.

We do not allow unfair treatment in TennCare.

No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the Family Assistance Service Center for free at **1-866-311-4287**. In Nashville, call **743-2000**.

No permitimos el tratamiento injusto en TennCare.

Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, idioma, sexo, edad, discapacidad o religión. ¿Cree que lo han tratado injustamente? ¿Tiene más preguntas? ¿Necesita más ayuda? Usted puede llamar gratis al Centro de Servicio para Asistencia Familiar al 1-866-311-4290. En Nashville, llame al 743-2001.



Signs of Depression.

And what you can do about it.



Round	Team	Project Details	Dimensions	Team	
6	Production: Renae Proj Mgr: Tracy Mkt Mgr: Erin Job: TN12-MC004	Color(s): CMYK File Name: TN12-MC004_Depression_BROCH.indd	Flat: 25.4375x11" Fold: 8.5x11 @100% Software: InDesign CS5	Designer: _____ Mrkt Mgr: _____ Mkt Strat: _____	Compliance: _____ Andrew: _____ Other: _____

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Depression is an illness that can be treated.



Depression is as real and serious an illness as diabetes or heart disease. It results from chemical changes in the brain. Like many illnesses, it tends to run in families. No matter how bad you feel now, treatment can help you find happiness and feel like yourself again. The first step is to accept that you need help. Talk to your doctor. He or she can evaluate you and help you get treatment.

Myths and facts about depression.

Here are some myths you may have heard and facts you may not know.



Myth:
“No one else feels like I do.”

Fact:
You are not alone. Depression is very common. In fact, it's as common as high blood pressure or upper respiratory infections. People with these conditions don't suffer in silence. Neither should you.



Myth:
“It's my fault I'm depressed.”

Fact:
Depression is not your fault. It is not a sign of weakness or lack of self-control. And it is not something you can “snap out of.” It is a medical problem that needs treatment.



Myth:
“Depression is just a woman's problem.”

Fact:
It's true that one in every four women will have depression in their lifetime. But up to a third of people with depression are men.



Myth:
“Depression is hard to treat.”

Fact:
Depression is very treatable. When treated by a qualified professional, most patients get better with medications, talk therapy or a combination of the two.



Myth:
“Taking an antidepressant will change my personality.”

Fact:
Antidepressants are medications that help restore brain chemicals to normal levels. This helps you feel like yourself again. They don't change who you are as a person.



Just getting outside into nature or playing with a pet may help lift your mood.

What can trigger depression?

Any of the following factors, or a combination of them, can make depression more likely. Sometimes, there's no clear cause. Whatever the cause, depression can be treated.

Loss or stress: Normal grief over a death, breakup or other loss may turn into depression. Stress from things like physical abuse, job loss or financial loss can trigger depression.

Family history: The tendency to have depression seems to run in families. If one or more of your close relatives have had depression, you may be more likely to develop it too.

Drugs or alcohol: Drugs and alcohol can upset the chemical balance in the brain and lead to depression. Some people turn to drugs or alcohol to numb the pain. But that just makes it worse.

Medications: Depression can be a side effect of medications for high blood pressure, cancer or other problems. Tell your doctor about all your medications. But don't stop taking them without the doctor's okay.

Sources: The National Institute of Mental Health.
National Alliance on Mental Illness.

Hormones: Hormones may affect brain chemicals. So women get depressed when their hormone levels change quickly. For example, they may be depressed before periods, after giving birth or during menopause.

Physical illness: Being sick can make anyone sad. But some health problems may actually cause changes in your brain. For instance, heart disease, stroke, cancer, HIV/AIDS, diabetes and Parkinson's disease may lead to depression.

Other causes: Different types of depression may be treated differently. Dysthymia's symptoms are like depression, but milder and long-lasting. Seasonal depression happens at certain times of the year, often in winter. Bipolar disorder involves extreme mood swings, including periods of depression.



Doctors often recommend walking. It's surprising how much good exercise can do for your spirits.

See your doctor.

- **Remember, depression is an illness.** It's like diabetes or heart disease, and not a failure on your part.
- **Talk with your doctor.** Let your doctor know what you're feeling. Don't try to handle it on your own.
- **Follow your doctor's instructions.** If your doctor refers you to another qualified professional, see them. Don't put it off.
- **Know you can get better.** It may take some time, but you can feel like yourself again.

Here are some resources that might help.

- **Statewide Crisis Line: 1-800-809-9957.** Call if you are in crisis. They also have information about Tennessee Suicide Prevention Network.
- **Tennessee's Addiction Hotline (REDLINE): 1-800-889-9789.**
- **National Suicide Prevention Hotline: 1-800-273-8255.**
- **liveandworkwell.com**


UnitedHealthcare Community Plan can help.

We help people live healthier lives. But we know feeling happy and healthy can be difficult at times. We'll work hard to make it easier for you to get the care you deserve.



Learn more about how TennCare or TennCare CHOICES by UnitedHealthcare Community Plan can help you.

Please contact us at: **1-800-690-1606.**

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